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Powerbuilding & Conditioning: Sets and Reps

Sample Powerbuilding Routine

A powerbuilding program combines strength (powerlifting) and muscle-building (bodybuilding) elements. Here's a sample structure with sets and reps, based on established routines[1] [2]:

Exercise	Sets	Reps
Squat	4	5
Bench Press	4	5
Deadlift	3	5
Overhead Press	4	4-6
Chin-Up	4	5
Dumbbell Shoulder Press	3	8
Barbell Curl	2-3	8
Dips	2	AMRAP*
Farmer's Walk/Waiter Walk	3	20 paces
Core (Dead Bug, Plank, etc.)	2	20 reps

*AMRAP = As Many Reps As Possible

- Focus on compound lifts for strength and size.
- Accessory work (curls, raises, core) in moderate to higher rep ranges (8–20).
- Train 3–5 days per week, rotating upper/lower or push/pull splits[1] [2].

Conditioning for Journalists

- Include 2–3 conditioning sessions weekly: brisk walking, jogging, cycling, or interval sprints for 20–30 minutes.
- Farmer's walks and loaded carries double as strength and conditioning[2].
- Circuit-style training (combining several exercises with minimal rest) can build work capacity and simulate the demands of field reporting.

Self-Defense Drills for Journalists

Essential Self-Defense Skills

Journalists face unique risks in the field. Safety training often includes situational awareness, de-escalation, and basic self-defense moves[3] [4] [5] [6] [7]:

- **Situational Awareness Drills:** Practice scanning environments, identifying exits, and noticing unusual behavior[4] [6].
- **Verbal De-Escalation:** Role-play scenarios to calm agitated individuals and avoid physical confrontation[4].
- **Physical Self-Defense Basics:**
  - Escaping wrist grabs and chokes
  - Defensive stances and movement
  - Basic strikes (palm heel, elbow, knee)
  - Breakaway techniques from grabs or holds
  - Using improvised objects for defense[6] [7]

Recommended Drills

- **Partner Drills:** Simulate common attacks (grabs, pushes) and practice escapes.
- **Pad Work:** Practice striking (palms, elbows, knees) on pads for power and accuracy.
- **Scenario Training:** Simulate real-world threats (e.g., aggressive crowd, attempted theft) in a controlled environment[5] [6].
- **Environmental Awareness:** Walk through unfamiliar spaces and identify safe zones, exits, and potential hazards.

Training Options

- Attend Hostile Environment and First Aid Training (HEFAT) courses, which include self-defense and emergency medical skills tailored for journalists[3] [6] [7].
- Supplement with martial arts classes focusing on practical self-defense, such as Krav Maga, Brazilian Jiu-Jitsu, or Filipino Kali[6].

Summary Table

Focus Area	Sample Activity/Drill	Frequency
Strength/Size	Compound lifts (squat, bench, deadlift, etc.)	3–5x per week
Conditioning	Loaded carries, intervals, circuits	2–3x per week
Self-Defense	Awareness, escapes, striking drills	1–2x per week
Scenario Training	Simulations, role-play, de-escalation	Monthly/Quarterly

Note: Always prioritize safety and seek professional instruction for self-defense techniques and scenario training. Journalists should also familiarize themselves with legal rights and local laws

regarding self-defense and reporting in hostile environments[4] [6] [7].

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1. https://barbend.com/powerbuilding-workout-routine/
2. http://cssloanstrength.blogspot.com/2013/12/the-30-rep-program.html
3. https://www.iwmf.org/programs/hefat-training/
4. https://www.rtdna.org/safe-journalist-training-and-resources
5. https://www.voanews.com/a/class-prepares-journalists-dangeous-assignments/2528683.html
6. https://ijnet.org/en/story/trainings-and-classes-help-journalists-prepare-dangerous-scenarios
7. https://www.iwmf.org/stories-from-the-field/the-vital-importance-of-hefat-for-journalists-worldwide/